## CONTENTS

INTRODUCTION	6
OVERVIEW OF HERBAL MEDICINE	12
HERBS VS. DRUGS	14
ACTIVE CONSTITUENTS OF MEDICINAL HERBS	16
TYPES OF HERBAL PREPARATIONS  MEDICAL EFFECTS	20 22
COMPLEMENTARY MEDICINE	24
WHAT WOULD YOU DO WITHOUT MEDICINE?	26
MEDICINAL HERBS	28
A full-color visual guide to over 100 medicinal herbs, with details	20
of their habitat and description, actions, traditional and self-help	
uses, and phytochemical effects	
"HOW TO"	68
HOW TO GROW HERBS	70
HOW TO HARVEST HERBS	72
HOW DO HERBS WORK?	74
HOW TO COMBINE HERBS & TREAT COMMON AILMENTS	76
SUMMARIUM	84
GLOSSARY	86
INDEX	91
CONCLUSION	97